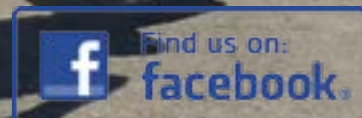


# RECREATION TIMES

## Cody Parks, Recreation & Public Facilities

JUNE thru AUGUST 2016



307/587-0400

[www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)

# A Look Inside

**READY FOR AN ACTIVE & ENGAGING SUMMER?** Athletic, Aquatic, Fitness & Recreation staff have put together a great number of programs & activities to keep you & your family fit & having fun this season. The following pages are FULL of programs for all ages & abilities. Additional offerings may be available during this time that are not listed in this guide. Watch for fliers & other details at the Front Desk, on our Facebook page ([www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter)) or on the NEW City of Cody website ([www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)).

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*"Recreation's purpose is not to kill time, but to make life, not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life." ~ Author Unknown*

## PROGRAM REGISTRATION OPENS MAY 19 AT 5:30 A

Registration materials also available on the City's website at [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)

In-person registrations have priority on this date and any mailed, e-mailed or faxed registrations will be processed after all walk-in registrations are complete based on class space availability.

Program fees listed in this brochure cover the entire activity period except programs involving additional sessions & are subject to change. Classes are limited & fill on a first-come basis. Patrons are encouraged to register early. Registration for all programs & classes for minors must be made by a parent or legal guardian.

To save time at registration, please use the registration forms available online on the Parks & Recreation pages. For assistance, contact staff at 307-587-0400.



# PAUL STOCK AQUATIC & RECREATION CENTER DAILY & MEMBERSHIP PRICING

Member  
Info



**PRICES ARE SUBJECT TO CHANGE!**

RECREATION CENTER PASS TYPE*	DAILY FEE LOCKERS & TOWELS NOT INCLUDED	10 PACK GUEST PASSES LOCKERS & TOWELS NOT INCLUDED	ANNUAL MEMBERSHIP
4 Years Old & Younger	FREE	FREE	FREE
5 to 15 Years Old	\$4	\$30	\$150
Full Time Student, 16+ Years Old**	\$5	\$40	\$210
Adult, 18+ Years Old	\$8	\$65	\$300
Golden Individual, 65+ Yrs	\$8	\$65	\$270 (10% discount)
Golden Couple, 65+ Yrs	N/A	N/A	\$430 (10% discount)
Active Military	\$4	\$40	\$300
Non-Resident Youth or Student	\$6	\$30 or \$40	\$150 or \$210
Non-Resident Adult	\$12	\$65	\$300
Additional Adult	N/A	N/A	\$180
Additional Youth or Student	N/A	N/A	\$60 Each Youth 5 Yrs+; \$30 5th Child+
Corporate Individual#	N/A	N/A	\$245
Corporate Family#	N/A	N/A	\$485

**Monthly & 6 Month Memberships Available - Call the Rec Center for details!**

**SPECIAL RATES:** \$2 Facility Entry for Last 2 Hours of the Day & \$5/Day Shower Fee (*Lockers & towels not included!*)

**\*PRICES ARE SUBJECT TO CHANGE**

A family is defined as any immediate family member residing within the same household. Additionally, any child living in the household that is being claimed according to IRS guidelines may be included in a family membership.

**\*\*College students must show current class schedule & be enrolled full time.**

**#Corporate membership plans are available to qualifying organizations interested in purchasing memberships for any of their employees & families. Employees of a corporation, their spouse & dependent children are eligible for a family rate. Any employee alone is eligible for an individual rate.**

## HAVE YOU CONSIDERED THE BENEFITS OF A MEMBERSHIP?

Rec Center members receive

- Free locker during each visit
- Discounts on adult fitness or aquatic exercise classes

**MEMBERSHIPS & DAILY PASSES MAKE  
GREAT GIFTS, TOO!**

**PURCHASE BUNDLES OF GUEST PASSES  
& SAVE \$\$\$\$**

**10 Adult & Golden Adult Passes \$65**

**10 Student or Military Passes \$40**

**10 Youth Passes \$30**

The Rec Center maintains contact information for various **COMMUNITY SPECIAL ACTIVITY GROUPS**. See Page 29 for info or call 307-587-0400.

Get **ALL** the latest Recreation Center news on the City of Cody website! Sign up for our **CODY REC CONNECT** e-newsletter & other news flashes at [www.cityofcody-wy.gov](http://www.cityofcody-wy.gov)

**Electronic Funds Transfer (EFT) monthly payments are available for annual Rec Center memberships (excluding Corporates)! For additional details, call 307-587-0400 or e-mail [cindyv@cityofcody.com](mailto:cindyv@cityofcody.com)**



# PARKS, RECREATION & PUBLIC FACILITIES

*Mission Statement: The City of Cody Parks, Recreation & Public Facilities Department will provide attractive parks, facilities & innovative recreational opportunities to enhance the quality of life for everyone.*

*"The word recreation is really a very beautiful word. It is defined in the dictionary as 'the process of giving new life to something, of refreshing something, of restoring something.' This something, of course, is the whole person." ~ Bruno Hans Geba*



## DAILY LOCKER RENTALS

### SMALL LOCKERS

\$ .50 (free for members)

### MEDIUM LOCKERS

\$ .75 (free for members)

### LARGE LOCKERS

6 months \$90; 3 months \$45

### \$10 CHARGE TO REPLACE LOST KEYS.

The Rec Center is not responsible for any lost or stolen items. Please secure all belongings while using the facility!

**DISABILITIES:** The City of Cody Parks, Recreation & Public Facilities Department complies with the Americans with Disabilities Act. Anyone within the community needing reasonable accommodations to participate in activities is encouraged to call 307-587-0400.

**MEDICAL INSURANCE:** The City of Cody does not provide medical insurance to cover participants during activities. This is the responsibility of each individual involved in any program or activity.

**PHOTO POLICY:** The City of Cody reserves the right to take & use photographs of individuals using the Cody Recreation Center &/or participating in programs sponsored by the City of Cody. Such photographs are the property of the City of Cody & may be used in brochures, advertisements & other promotional materials. To opt out, please contact staff at 307-587-0400.

**PERSONAL CONDUCT:** Personal conduct within City of Cody facilities must be such that the safety & enjoyment of others is not jeopardized. Patrons to the Recreation Center who disregard rules or vandalize the facility may be evicted & possibly prosecuted. The Department will not tolerate any behavior &/or conduct that is considered disruptive or destructive. Behavioral problems may result in expulsion from the program or facility without reimbursement. For details on Department rules & regulations, please contact staff & request a copy of the "Rules of the Game".



Become a fan of the Recreation Center by clicking "Like" on our page & receive up-to-date information on all our latest aquatic, athletic, fitness & recreation programs. Go to [www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter) to become a fan today!

## FORGET SOMETHING?

We have many items for sale including swim goggles & caps, swim diapers, racquetball equipment & more! Inquire at the Front Desk.

**TOWEL RENTALS \$1**

## ACTIVITY RESCHEDULING & CANCELLATIONS

Due to facility scheduling by other groups, weather conditions & maintenance, it is sometimes necessary to reschedule & relocate activities. Cancellation decisions will be made as soon as possible before class or activity time & posted on Facebook or with local media. Class participants, coaches & team captains also will be notified by recreation staff as appropriate.

## AQUATIC & RECREATION CENTER FEATURES

- Gymnasium with 3 Full Length Courts
- Cardiovascular & Weight Training Exercise Equipment
  - Free Weight Room
- Suspended Walking & Jogging Track
  - 2 Racquetball Courts
  - Multipurpose Space
- Child Care (*Open at select times*)
- 8 Lane x 25 Yard Lap Pool with Diving Board
- 3,500 Square Foot Leisure Pool - Depth 0 to 3½ Feet
  - Toddler Fish Slide, Finnius
- 150 Foot Long Water Slide (*for everyone taller than 3'6"*) & Water Activity Equipment (*Features turn on at 1 P weekdays & Noon on weekends*)
- Aqua Climbing Wall (*Available for anyone who can pass a swim test*)
  - Therapy Pool with ADA lift
- Jacuzzi Spa (*for patrons 13 years & older*)
- Wet Steam Room (*for patrons 18 years & older*)

## PAUL STOCK AQUATIC CENTER INFORMATION

An adult (18 years or older) is required to be directly in the water with children younger than 8 years old OR shorter than 3'6" tall unless they are capable of passing a swim test with a lifeguard. One adult may accompany up to four children in the water. This policy makes the Aquatic Center a safer place for everyone.

Family members who are not big water fans are welcome to enjoy the fun from the pool deck in shorts & a T-shirt.

Children in diapers are allowed in the pool as long as they wear swim diapers or snug fitting rubber pants over the diaper underneath a bathing suit. Swim diapers are available to purchase at the Front Desk for \$2 each.

**LEISURE POOL IS CLOSED MONDAY-FRIDAY, 8 TO 11 A, DURING SUMMER SWIM LESSONS!**



## WATER TEMPS

Lap Pool: 82-84 degrees  
 Leisure Pool: 87-89 degrees  
 Therapy Pool: 90-92 degrees  
 Hot Tub: 102-104 degrees  
 Wet Steam Room: 115 degrees

## Recreation & Aquatic Info



## SWIM MEETS & PRACTICES

Pool hours will be modified & lap lanes limited to accommodate swim meets. Limited lap swimming will be available for patrons during swim practices.

### CKATS PRACTICE

Tuesdays & Thursdays 11 A to 12 P  
 Some Fridays

### CHS GIRLS

Monday, August 15	First Day of Practice
Thursday, September 1	vs. Worland, 5 P
Friday, September 2	Terry Bartlett
	Invitational, 2 P
Friday, September 9	vs. Jackson, Lander &
	Riverton, 5 P
Thursday, October 6	vs. Powell, 5 P

## TEST DAY FOR SWIM LEVEL PLACEMENT

If you are unsure what level your child should be registered in for our Learn-to-Swim lessons have a certified swim instructor evaluate your child's skills on this date for FREE!

**FRIDAY, JUNE 10; 5 TO 7 P**



## WORLD'S LARGEST SWIMMING LESSON

Help us set another Guinness World Record this summer & be a part of the World's Largest Swim Lesson. All participants receive a certificate & ribbon for helping break the record!

**WHEN:** FRIDAY, JUNE 24  
 Registration starts at 9:30 A; Lesson starts at 10A.  
**WHERE:** Rec Center Pools  
**COST:** FREE!

## PRIVATE & SEMI-PRIVATE SWIM LESSONS

Learn new skills or refine current ones with low instructor-to-student ratios. These lessons are dependent upon instructor availability. Contact Aquatic staff at 307-527-DIVE for more info.



## Child Care & Birthdays



*"Whenever a toddler sees a pile of blocks, he wants to tear it down." ~ J. J. Abrams*

### KALEIDOSCOPE CHILD CARE ROOM

A daily rate of \$3 per child for 90 minutes is due for children ages 3 months to 6 years old in need of care while an adult member uses the facility. Discounted punch cards are available in various denominations at the Front Desk.

#### CHILD CARE HOURS

Monday thru Friday:  
8:30 A to 1:30 P

Saturday & Sunday:  
CLOSED

*"How old would you be if you didn't know how old you are?" ~ Satchel Paige*



## BIRTHDAY PARTIES AT THE REC CENTER

Birthday party packages are based on a MAX OF 10 GUESTS FOR TWO HOURS. A \$10 fee will be charged per guest after the maximum. Full day facility admission included.

Parties may be scheduled at the following times ONLY:

**FRIDAY ~ 2:30 to 4:30 P**

**SATURDAY ~ 10 A to Noon (Toddler Pool Party)**

**12:30 to 2:30 P or 3 to 5 P**

**SUNDAY ~ 12:30 to 2:30 P or 3 to 5 P**

Party reservations must be made ONE WEEK prior to the date of the party & the party must be paid for when the reservation is confirmed. A \$45 fee will be charged for late reservations.

Call 307-587-0400 or stop by the Rec Center for additional details.

**PLEASE NOTE: A \$40 FEE WILL BE CHARGED FOR EXCESSIVE CLEAN UP.**

#### 1. BIRTHDAY BLOWOUT (\$85)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- Birthday child's name on outside marquee
- Happy Birthday sign in reserved area
- Disposable camera (wet or dry)
- Basic party decorations; Refreshments NOT included

#### 2. BIRTHDAY BLOWOUT EXTRAVAGANZA (\$155)

- Use of Birthday Party Room for 2 hours & full day admission to the Rec Center
- 1/2 of leisure pool or 1 gym designated for your use
- Birthday child's name on outside marquee
- Happy Birthday sign in room
- Disposable camera (wet or dry)
- 3 Pizzas (Choice of single toppings)
- 3, 2-Liter sodas
- Birthday cake
- Decorations & tableware
- Birthday Party Coordinator available to run party & play games for additional \$50 fee

# AMERICAN RED CROSS LEARN-TO-SWIM PROGRAM

Lesson skills in each level build upon the previous level. If children do not complete all the skills within their level during any one session they will continue in the same level until they are able to master the skills. Graduation from a swimming level requires permission from an instructor. If you are unsure which level your child should be in, please attend the *placement day on June 10 from 5 to 7 P.* For more information, please call 307-527-DIVE.



## PRESCHOOL LEARN-TO-SWIM LESSONS

Lesson Level	Age	Day	Session Start	Session End	Cost	Location	Time Start	Time End	Code
Preschool LTS Level 1 Min 3/Max 6	4 to 5	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201111-1 201111-2 201111-3 201111-4
Preschool LTS Level 2 Min 3/Max 6	4 to 5	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201112-1 201112-2 201112-3 201112-4
Preschool LTS Level 3 Min 3/Max 6	4 to 5	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201113-1 201113-2 201113-3 201113-4
Preschool LTS Level 1 Min 3/Max 6	4 to 5	Mon-Fri	July 5	July 15	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201121-1 201121-2 201121-3 201121-4
Preschool LTS Level 2 Min 3/Max 6	4 to 5	Mon-Fri	July 5	July 15	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201122-1 201122-2 201122-3 201122-4
Preschool LTS Level 3 Min 3/Max 6	4 to 5	Mon-Fri	July 5	July 15	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201123-1 201123-2 201123-3 201123-4
Preschool LTS Level 1 Min 3/Max 6	4 to 5	Mon-Fri	July 18	July 29	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201131-1 201131-2 201131-3 201131-4
Preschool LTS Level 2 Min 3/Max 6	4 to 5	Mon-Fri	July 18	July 29	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201132-1 201132-2 201132-3 201132-4
Preschool LTS Level 3 Min 3/Max 6	4 to 5	Mon-Fri	July 18	July 29	\$35	Leisure Pool	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201133-1 201133-2 201133-3 201133-4

**CHARTER DISCOUNTS DO NOT APPLY TO AMERICAN RED CROSS CLASSES!**

### PRESCHOOL LEARN-TO-SWIM LESSONS

**PS Level 1** - Orients swimmers to the aquatic environment, helps them gain basic skills & be safe around water.  
**PS Level 2** - Swimmers perform skills at a slightly more advanced level on front & back, begin gaining rudimentary propulsive skills & independent aquatic locomotion.  
**PS Level 3** - Swimmers perform basic skills with greater proficiency for longer distances & times. All skills done independently.  
**NOTE: LEISURE POOL IS CLOSED MONDAY THRU FRIDAY, 8 TO 11 AM DURING SWIM LESSONS!**



# LEARN-TO-SWIM LESSONS

*\*6 years & older*

*"Believe in yourself, not only in swimming, but in life itself. You always have to have fun. You have to have an open mind. If you're not enjoying it, don't do it. Life's too short."*

*~ Debbie Meyer*

## LEARN-TO-SWIM LESSONS

Lesson Level	Age	Day	Session Start	Session End	Cost	Location	Time Start	Time End	Code
Learn-to-Swim Level 1 Min 3/Max 6	6+	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201211-1 201211-2 201211-3 201211-4
Learn-to-Swim Level 2 Min 3/Max 6	6+	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201212-1 201212-2 201212-3 201212-4
Learn-to-Swim Level 3 Min 3/Max 6	6+	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201213-1 201213-2 201213-3 201213-4
Learn-to-Swim Level 4 Min 3/Max 10	6+	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201214-1 201214-2 201214-3
Learn-to-Swim Level 5 Min 3/Max 10	6+	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201215-1 201215-2 201215-3
Learn-to-Swim Level 6 Min 3/Max 10	6+	Mon-Fri	June 13	June 24 WLSL 10 A, See Pg 5	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201216-1 201216-2 201216-3
Learn-to-Swim Level 1 Min 3/Max 6	6+	Mon-Fri	July 5	July 15	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201221-1 201221-2 201221-3 201221-4
Learn-to-Swim Level 2 Min 3/Max 6	6+	Mon-Fri	July 5	July 15	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201222-1 201222-2 201222-3 201222-4
Learn-to-Swim Level 3 Min 3/Max 6	6+	Mon-Fri	July 5	July 15	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201223-1 201223-2 201223-3 201223-4
Learn-to-Swim Level 4 Min 3/Max 10	6+	Mon-Fri	July 5	July 15	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201224-1 201224-2 201224-3
Learn-to-Swim Level 5 Min 3/Max 10	6+	Mon-Fri	July 5	July 15	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201225-1 201225-2 201225-3
Learn-to-Swim Level 6 Min 3/Max 10	6+	Mon-Fri	July 5	July 15	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201226-1 201226-2 201226-3



# AMERICAN RED CROSS LEARN-TO-SWIM PROGRAM

Lesson skills in each level build upon the previous level. If children do not complete all the skills within their level during any one session they will continue in the same level until they are able to master the skills. Graduation from a swimming level requires permission from an instructor. If you are unsure which level your child should be in, please attend the *placement day on June 10 from 5 to 7 P.* For more information, please call 307-527-DIVE.



**CHARTER DISCOUNTS DO NOT APPLY TO  
AMERICAN RED CROSS CLASSES!**

## LEARN-TO-SWIM LESSONS, CONT.

Lesson Level	Age	Day	Session Start	Session End	Cost	Location	Time Start	Time End	Code
Learn-to-Swim Level 1 Min 3/Max 6	6+	Mon-Fri	July 18	July 29	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201231-1 201231-2 201231-3 201231-4
Learn-to-Swim Level 2 Min 3/Max 6	6+	Mon-Fri	July 18	July 29	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201232-1 201232-2 201232-3 201232-4
Learn-to-Swim Level 3 Min 3/Max 6	6+	Mon-Fri	July 18	July 29	\$35	Pools	8 A 8:35 A 9:10 A 9:45 A	8:30 A 9:05 A 9:40 A 10:15 A	201233-1 201233-2 201233-3 201233-4
Learn-to-Swim Level 4 Min 3/Max 10	6+	Mon-Fri	July 18	July 29	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201234-1 201234-2 201234-3
Learn-to-Swim Level 5 Min 3/Max 10	6+	Mon-Fri	July 18	July 29	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201235-1 201235-2 201235-3
Learn-to-Swim Level 6 Min 3/Max 10	6+	Mon-Fri	July 18	July 29	\$40	Pools	8 A 8:50 A 9:40 A	8:45 A 9:35 A 10:25 A	201236-1 201236-2 201236-3

*"The man who is swimming against the stream knows the strength of it." ~ Woodrow Wilson*

### HOME SCHOOL IN THE POOL

Swim programs will start again in the fall for home school students. Stay tuned for more details!

## LEARN TO SWIM LESSONS

**Level 1** - Orients swimmers to the aquatic environment, helps them gain basic skills & be safe around water.

**Level 2** - Swimmers perform skills at a slightly more advanced level on front & back, begin gaining rudimentary propulsive skills & independent aquatic locomotion.

**Level 3** - Swimmers learn the front crawl, elementary backstroke, scissors kick & dolphin kick at rudimentary levels, plus learn rules for headfirst entries & begin to learn to enter the water headfirst in 9+ feet of water.

**Level 4** - Swimmers improve swim stroke proficiency & learn the arm actions to scissors kick & breaststroke kick. Also learn the back crawl & butterfly at rudimentary levels & perform simple open turns at the wall.

**Level 5** - Swimmers refine performance of all six swim strokes, perform strokes with increased proficiency & for greater distances.

**Level 6** - Advanced swimmers refine strokes & turns & build endurance. Three options available: *Personal Water Safety, Fundamentals of Diving & Fitness Swimmer.*

**NOTE: LEISURE POOL IS CLOSED MONDAY THRU FRIDAY, 8 TO 11 AM DURING SWIM LESSONS!**



# PRESCHOOL & TODDLER PROGRAMS \*6 months to 6 years

*"Forget dancing like no one is watching. Dance like a toddler; they don't even know there's no music." ~ Unknown*

## TODDLER AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Session Start	Session End	No Class	Cost	Location	Time Start	Time End	Code
Nursery Rhyme Fun - NEW!	2 to 5	Mon/Wed	June 6	June 29	---	\$35	MP Room/ BD Party Room	10 A	10:45 A	210119-1
Toddler Play Group - NEW!	1 to 3 w/ Adult	Mon/ Thurs	June 6	June 30	---	\$18; \$3 Drop In	Child Care Room	2 P	3 P	210105-1
Pee Wee Tennis	3 to 5	Tues/ Thurs	June 7	June 30	---	\$35	Maroon Gym	11 A	11:30 A	210104-1
Stack A Snack Jr	2 to 5	Tuesday	June 7	June 28	---	\$25	MP Room	1 P	1:30 P	210147-1
Little Artist Within	2 to 5	Tuesday	June 7	June 28	---	\$25	BD Party Room	1:45 P	2:15 P	210145-1
Ooey Gooley	2 to 5	Thursday	June 9	June 30	---	\$25	MP Room/ Outside	10 A	10:30 A	210102-1
Jumpin' Jacks & Jills - NEW!	2 to 5	Thursday	June 9	June 30	---	\$25	MP Room/ Blue Gym	10:45 A	11:15 A	210107-1
Water Tots	2 to 4	Mon-Thurs	June 13	June 23	---	\$30	Leisure Pool	10:30 A	11 A	201119-1
Turtle Tales	2 to 5	Tues/ Thurs	June 14	June 23	---	\$30	Wet Class & Leisure Pool	8:30 A	9:30 A	201116-1
Little Treasures - NEW!	3 to 5 w/ Adult	Friday	June 17	June 17	---	\$5	Child Care Room	3:15 P	4 P	210122-1
Parent Tot 1	6 mos to 1 1/2 yrs	Mon-Thurs	July 5	July 14	July 4	\$30	Leisure Pool	10:30 A	11 A	201107-1
Parent Tot 2	1 1/2 to 3	Mon-Thurs	July 5	July 14	July 4	\$30	Leisure Pool	11 A	11:30 A	201108-1
Water Tots	2 to 4	Mon-Thurs	July 5	July 14	July 4	\$30	Leisure Pool	5 P	5:30 P	201119-2
Turtle Tales	2 to 5	Tues/ Thurs	July 5	July 14	---	\$30	Wet Class & Leisure Pool	8:30 A	9:30 A	201116-2
Toddler Play Group - NEW!	1 to 3 w/ Adult	Mon/ Thurs	July 7	July 28	July 4	\$18; \$3 Drop In	Child Care Room	2 P	3 P	210107-2
Little Kickers	3 to 5	Mon/Wed	July 6	July 27	July 4	\$35	Glendale Park	9:30 A 10:15 A	10 A 10:45 A	210103-1 210103-2
Tumblin Tots	2 to 4	Tuesday	July 5	July 26	---	\$25	Maroon Gym	10 A	10:30 A	211100-1
Jumpin' Jacks & Jills - NEW!	2 to 5	Tuesday	July 5	July 26	---	\$25	MP Room/ Blue Gym	1 P	1:30 P	210105-2
Kool Kid Krafts - NEW!	2 to 5	Tuesday	July 5	July 26	---	\$25	MP Room	1:45 P	2:15 P	210175-1
Little Spanish Learners 1	3 to 5	Wednesday	July 6	July 27	---	\$25	BD Party Room	2 P	2:30 P	210135-1
Caped Crusaders	3 to 5	Thursday	July 7	July 28	---	\$25	BD Party Room	10 A	10:30 A	210109-1

# SUMMER PRESCHOOL & TODDLER PROGRAMS

We're excited about the variety of high-energy, engaging programs we've planned for your little ones this summer. Space is limited in many of these activities so please register your child early to take advantage of the fun! Class descriptions are available on the next page. For more details, call 307/587-0400. Be sure to check our Facebook page ([www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter)) for last-minute class updates & changes.

Preschool  
Programs  
• Infant to 6



## TODDLER PROGRAMS, CONTINUED

Class Name	Age	Day	Session Start	Session End	No Class	Cost	Location	Time Start	Time End	Code
Sports Tykes	2 to 4	Thursday	July 7	July 28	---	\$25	Maroon Gym	10:45 A	11:15 A	210106-1
Water Tots	2 to 4	Mon-Thurs	July 18	July 28	---	\$30	Leisure Pool	10:30 A 11 A	11 A 11:30 A	201119-3 201119-4
Turtle Tales	2 to 5	Tues/ Thurs	July 19	July 28	---	\$30	Wet Class & Leisure Pool	8:30 A	9:30 A	201116-3
Toddler Play Group - NEW!	1 to 3 w/ Adult	Mon/ Thurs	Aug 8	Aug 18	---	\$9; \$3 Drop In	Child Care Room	2 P	3 P	210105-3
Puppet Pals	3 to 5	Mon/Wed	Aug 8	Aug 17	---	\$25	BD Party Room	10:30 A	11 A	210115-1
Jumpin' Jacks & Jills - NEW!	2 to 5	Tues/ Thurs	Aug 9	Aug 18	---	\$25	MP Room/ Blue Gym	10:30 A	11 A	210107-3
Fall Soccer - Preschool Style! See below	4 to 5	Varies w/ 2 Sat Games	Aug 15 Reg Deadline	Sept 17	Sept 5	\$25 by deadline; \$45 after	Mentock Park	Varies	Varies	320260-1
Tiny Tots Preschool	3 to 4	Tues/Fri	Aug 30	May 19	No School Days	\$65/ Month	Tiny Tots Room	8:30 A 11:30 A	10:30 A 1:30 P	310100-1 310121-1
Tiny Tots Kindergarten Prep	4 to 6	Mon/Wed/ Thurs	Aug 29	May 18	No School Days	\$85/ Month	Tiny Tots Room	8:30 A 12 P	11:30 A 3 P	310101-1 310120-1
Toddler Time	Under 6 w/ Adult	Mon-Fri	Sept 6	May 2017	No School Days	Free/ Daily Fee NM	Leisure Pool	9 A	12 P	---

## PRESCHOOL CLASS DROP INS

Drop ins are available for most Rec Center programs *if space is available, excluding swim lessons*. Please check with Front Desk staff BEFORE class time. DROP IN FEE: \$10 (Unless otherwise noted!)

### SUMMER PROGRAM REGISTRATION DEADLINES

In order to make sure we "make ends meet" & that we have enough staff & supplies for our classes, we have set minimum enrollment numbers & registration deadlines for our programs. Please be sure to register EARLY as space is limited & classes may be cancelled if minimums are not met. Contact staff at 307-587-0400 for more details.

#### REGISTRATION DEADLINES:

- JUNE CLASSES - JUNE 1
- JULY CLASSES - JULY 1
- AUGUST CLASSES - JULY 31

### FALL SOCCER PRESCHOOL STYLE!

REGISTER BY AUGUST 15 TO GUARANTEE A T-SHIRT & SAVE \$\$! 4 to 5 year olds not yet in Kindergarten enjoy a fun intro to the fast-paced game of soccer. Players will hear from a coach the week of August 22. Games will be played immediately following practices at Mentock Park. This league plays two Saturday games (Aug 27 & Sept 17) plus a couple games per week. The success of this league depends on volunteer coaches & helpers. If you can help, please notify rec staff.

**COST: \$25 by Aug 15; \$45 after deadline**





# PRESCHOOL & TODDLER PROGRAMS \*6 months to 6 years

## PRESCHOOL CLASS DESCRIPTIONS

- **CAPED CRUSADERS** - Little superheroes make fun art projects using their super powers plus read a fun story each week. *(min 5/max 15)*
- **JUMPIN' JACKS & JILLS (NEW)** - Little ones practice basic fitness techniques & fine motor skills through dance, small games & other active play. *(min 5/max 15)*
- **KOOL KID KRAFTS (NEW)** - Kids make a variety of crafts & take-home projects with one central ingredient - Kool Aid! *(min 5/max 15)*
- **LITTLE ARTIST WITHIN** - A fun tot art course where children explore their creative side with paint, glue, clay, shaving cream, stamps & more! Please wear play clothes. *(min 5/max 15)*
- **LITTLE KICKERS** - We'll kick up our heels & learn soccer moves through fun games & drills. Please wear tennis shoes & come prepared for the outdoors. *(min 6/max 12)*
- **LITTLE SPANISH LEARNERS 1** - Little learners are immersed in the Spanish language in a creative & interactive way & encouraged to speak the language through songs, games, crafts & repetition. English will be spoken as well to ensure understanding of expectations & directions. Instructor Marcela Pabon is a native of Colombia & continues the focus from previous classes while including a variety of fun summer & outdoor activities. *(min 5/max 10)*
- **LITTLE TREASURES (NEW)** - Make a Father's Day treasure with your little one. All materials provided for this cherished moment of shared parent/child fun. *(min 3 pairs/max 15 pairs)*
- **NURSERY RHYME FUN (NEW)** - Keep your children practicing their reading, writing, fine motor & math skills through the fun of nursery rhymes. This class is led by a former Kindergarten teacher who is excited to share her love of stories with your little ones. *(min 5/max 10)*
- **OOEY GOOEY** - Tots dive into some gooeey fun with hands-on activities led by Children's Resource Center staff. *(min 5/max 20)*
- **PARENT TOT 1** - Parents learn to safely work with their child in the water, including how to support & hold their child in the water & how to prepare & encourage their child to participate fully in the skills. One child ONLY per adult. *(min 4/max 10)*
- **PARENT TOT 2** - Participants improve on activities from Parent Tot 1 & learn more advanced skills. One child ONLY per adult. *(min 4/max 10)*
- **PEE WEE TENNIS** - Let's make a racquet & get a fun intro to the sport of tennis this summer. *(min 5/max 15)*
- **PUPPET PALS** - Kids make a different puppet each week & enjoy some imaginative play. We'll end the session with our own puppet theatre. *(min 5/max 15)*
- **SPORTS TYKES** - Tykes learn a variety of sport skills in this action-packed program, including throwing, catching, balancing, coordination & agility. *(min 5/max 15)*
- **STACK A SNACK JR** - Budding chefs make yummy no-cook snacks. Please inform staff of any food allergies. *(min 5/max 15)*
- **TODDLER PLAY GROUP (NEW)** - This group fun provides an opportunity for parents & toddlers to play together & with others. Parents can network & kids can mingle with parent support. *(min 5/max 20)*
- **TODDLER TIME** - Little swimmers & an adult are invited to splash & play weekday mornings. Toys will be available until Noon. This activity is FREE for members or a daily fee for nonmembers.
- **TUMBLING TOTS (NEW)** - Little ones use a variety of equipment to encourage coordination while learning basic tumbling skills. *(min 5/max 15)*
- **TURTLE TALES** - Parents with children too young for swim lessons should try this fun class where kids enjoy a story, arts/crafts, & learn beginning swim skills. *(min 3/max 8)*
- **WATER TOTS** - This class offers a first-time swimming experience for young ones WITHOUT a parent in the water using fun games & toys to help learn beginning swim skills & safety around water. Children must be able to separate from mom or dad. *(min 3/max 8)*

# TINY TOTS PRESCHOOL & KINDERGARTEN PREP

Tiny Tots  
• 3 to 6



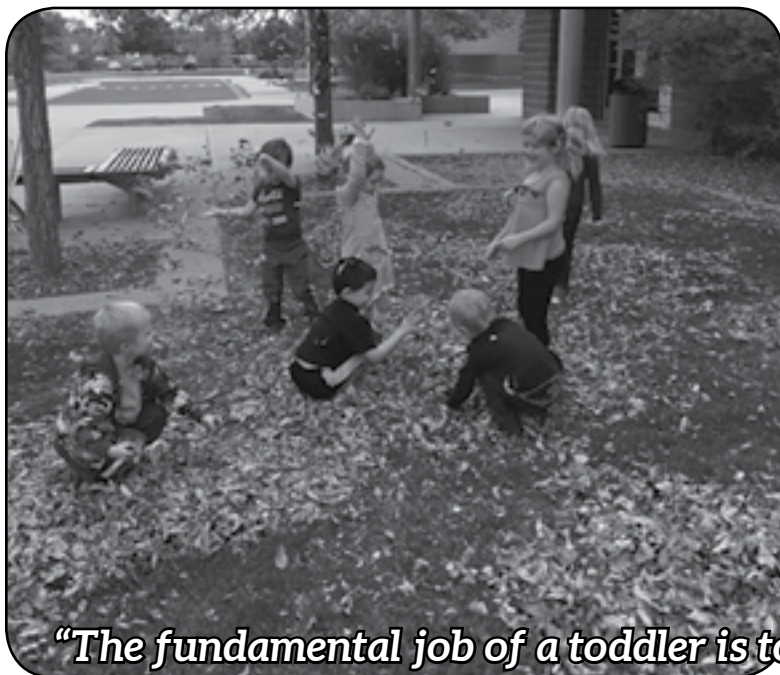
We offer two age-specific preschool programs to prepare little learners for the rigors of Kindergarten. Both are academic yet play-based & follow the school schedule September through May. Tiny Tots does not have classes on most Park County School District #6 No School Days! **NEW CLASS TIMES FOR 2016-2017!**

- **TT PRESCHOOL** focuses on social skills, colors, shapes, numbers & letters, recognizing our names, & fine motor skills such as painting, cutting & gluing. Come ready to make new friends, have lots of fun & learn, learn, learn! (min 5/max 10)
  - **TT KINDERGARTEN PREP** focuses on getting your child ready for Kindergarten. We learn about the world around us through thematic units & centers (math, science, art, dramatic play, games & puzzles, reading, writing, songs & finger plays, sensory stations, & gym activities) & also focus on writing our first & last names, counting to 100, paper & pencil math, & recognizing & reading sight words. (min 5/max 12)
- \*\*Classes begin the week of August 29. PLEASE JOIN US FOR AN OPEN HOUSE ON FRIDAY, AUGUST 26, FROM 10 A TO 12 P. Come meet our teacher & check out our space where your child will learn & grow! Call 307-527-3495 or e-mail Miss Debbie at [dcottonware@cityofcody.com](mailto:dcottonware@cityofcody.com) for more details.**

## TINY TOTS PRESCHOOL & KINDERGARTEN PREP CLASSES

Class Name	Age	Day	Session Start	Session End	No Class	Cost	Location	Time Start	Time End	Code
Tiny Tots Preschool	3 to 4 (by Sept 15)	Tues & Fri	Aug 30	Sept 30	---	\$65/ Month	Tiny Tots Room	8:30 A 11:30 A	10:30 A 1:30 P	310100-1 310121-1
Tiny Tots Kindergarten Prep	4 to 6 (by Sept 15)	M/W/TH	Aug 29	Sept 29	Sept 5	\$85/ Month	Tiny Tots Room	8:30 A 12 P	11:30 A 3 P	310101-1 310120-1

**First session payment & \$20 Materials & Supply Fee per child are NON-REFUNDABLE class deposits. \*\*Children must meet minimum age requirement by Sept 15. Please provide proof of child's age at time of registration. Vaccination records or waivers are required by the time classes begin.**



*"The fundamental job of a toddler is to rule the universe." ~ Lawrence Kutner*



# SUMMER YOUTH PROGRAMS \*Kindergarten+

## AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Session Start	Session End	No Class	Cost	Location	Time Start	Time End	Code
Kidz on the Move	Finished K to 6th Grade	Mon-Fri	May 31	Aug 19	July 4	\$170 Punchcard; \$25 Daily	Rec Center	7 A	5:30 P	240240-1
Friday at the Movies	4+; Younger w/ Adult	Friday	June 3	Aug 12	July 1	\$50 Pass; \$6.50/ Movie	Big Horn Cinemas	1 P	3 P	260000-1
Game On	K to 5th Grade	Mon-Thurs	June 6	July 28	July 4 to 7	Free/ Daily Fee NM	Red Gym	1 P	2:30 P	---
Summer Basketball	Pre-K-K 1-3 Gr 4-6 Gr	Mon/Wed	June 6	June 22	--	\$35	Maroon Gym	1 P 1:45 P 2:15 P	1:30 P 2:15 P 2:45 P	210205-1 210205-2 210205-3
Youth Tennis	6 to 9 10 to 16	Tues/ Thurs	June 7	June 30	---	\$35	Paul Stock Courts	10 A 9 A	10:30 A 9:45 A	210216-1 210217-1
Youth Equipment Orientation	13+	Tues-Thurs	June 7	June 9	---	Free; \$15 NM	Weight Area	10 A	11 A	210279-1
Artist Within	K to 5th Grade	Wednesday	June 8	June 29	---	\$25	BD Party Room	10:30 A	11 A	210245-1
Stack a Snack	K to 5th Grade	Wednesday	June 8	June 29	---	\$25	BD Party Room	11:15 A	11:45 A	210247-1
Art League Classes See Pg 19	6+	Varies	June 13	July 13	---	\$10/ Class	Cody Country Art League	9 A 1 P	11 A 3 P	270200-1/20
Lacrosse	10 to 14 Girls Boys	Mon-Thurs	June 13	June 16	---	\$15; \$25 June/July Sessions	Glendale Park	4:45 P	5:45 P	210208-1 210208-2
Basketball Strength & Conditioning Program-NEW!	9-12 Gr Girls Boys	Mon/Wed Tues/Thurs	June 13 June 14	July 27 July 28	July 4	\$100	Maroon & Blue Gyms	5:30 A	7:30 A	210207-1 210207-2
Track & Field Week	3rd to 8th Grade	Mon-Thurs Fri	June 20	June 24	---	\$20	CHS Track	10 A 9 A	11:30 A 12 P	231201-1
Beginning Diving Swim Clinic	7+	Thursday	June 23	June 23	---	\$15	Rec Center Main Pool	11 A	12:30 P	201208-3
World's Largest Swim Lesson	All	Friday	June 24	June 24	---	FREE	Rec Center Pools	9:30 A	11 A	---
Youth Tennis	6 to 9 10 to 16	Tues/ Thurs	July 5	July 28	---	\$35	Paul Stock Courts	10 A 9 A	10:30 A 9:45 A	210216-2 210217-2
T-Shirt Ta-Da! -NEW!	1st to 5th Grade	Tues Thurs	July 5 July 7	July 26 July 28	---	\$25	MP Room	11 A	11:45 A	210210-1 210210-2
Summer Soccer	Kind 1-3 Gr 4-6 Gr	Mon/Wed	July 6	July 27	July 4	\$35	Glendale Park	11 A 11:45 A 12:45 A	11:30 A 12:30 A 1:30 A	220260-1 220260-2 220260-3
Little Spanish Learners 2	6 to 9	Wednesday	July 6	July 27	---	\$20	BD Party Room	2:45 P	3:15 P	210136-1



# SUMMER YOUTH PROGRAMS

2016 is the year of the summer Olympics in Rio & we've got our own great set of active programs planned for youth age 6 to 16 all summer long! Space is limited in these classes, so please register early! Call 307-587-0400 for details & visit our Facebook page for class updates & changes.

**Youth  
Programs**  
• 6 to 16



## AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Session Start	Session End	No Class	Cost	Location	Time Start	Time End	Code
Patriot Run <i>See Pg 21</i>	All	Friday	July 8	July 8	---	\$5/Child; \$10/Family	Beck Lake	10 A	12 P	260005-1
Starts & Turns Swim Clinic	7+	Thursday	July 7	July 7	---	\$15	Rec Center Main Pool	11 A	12:30 P	201208-2
Lacrosse	10 to 14 Girls Boys	Mon-Thurs	July 11	July 14	---	\$15; \$25 June/July Sessions	Glendale Park	4:45 P	5:45 P	210208-3 210208-4
Little Bronc Football Camp	K+	M/W/F	July 11	July 15	---	\$15; \$5/ Day	CHS Football Field	10 A	11 A	210280-1
Stroke Improvement Swim Clinic	7+	Thursday	July 14	July 14	---	\$15	Rec Center Main Pool	11 A	12:30 P	201208-4
NFL Punt, Pass & Kick	6 to 15	Friday	July 15	July 15	---	FREE	CHS Football Field	11:30 A	Varies	---
Spring Board Diving Clinic	9+	Thursday	July 21	July 21	---	\$15	Rec Center Main Pool	11 A	12:30 P	201208-1
Competitive Swim Feeder Program-NEW!	5+	Tues/ Thurs	July 5	July 28	---	\$45 1st Child; \$40 Addl	Rec Center Pools	10 A	11 A	201201-1
5th & 6th Grade Girls Volleyball	5-6 Gr Girls	Varies	Aug 15 Deadline	Oct 3	---	\$35 by deadline; \$55 after	Maroon & Blue Gyms	Varies	Varies	310226-1
Youth Equipment Orientation	13+	Tues-Thurs	Aug 16	Aug 18	---	Free; \$15 NM	Weight Area	10 A	11 A	210279-2
Zombie Run <i>See Pg 21</i>	K to 6th Grade	Friday	Aug 19	Aug 19	---	\$5/Child; \$10/Family	Canal Park	10 A	12 P	260006-1
Fall Soccer	K to 8th Grade	Varies w/ 2 Sat Games	Aug 15 Deadline	Oct 22	---	\$35 by deadline; \$55 after	Mentock Park	Varies	Varies	320261-1 320262-1 320263-1 320264-1

*"Do what needs to be done, when it needs to be done the best way it can be done,  
& do it that way every time." ~ Bob Knight*

### WATER FLOAT DAYS

Come splash in the pools with friends & family. Bring your own floaties or enjoy some of ours! FREE for members or a daily entrance fee for nonmembers. Call 307-587-DIVE for more info.

- May 20, 2 to 4 P
- June 10, 1 to 3 P
- July 15, 1 to 3 P
- August 19, 1 to 3 P

### YOUTH CLASS DROP INS

Drop ins are available for most Rec Center programs if space is available, excluding swim lessons. Please check with Front Desk staff BEFORE class time.

**DROP IN FEE: \$10**  
(Unless otherwise noted!)



# SUMMER YOUTH PROGRAMS \*Kindergarten+

*"A mind when stretched by a new idea never regains its original dimensions." ~ Anonymous*

- **ARTIST WITHIN** - Tap into your inner Picaso with this fun, hands-on, creative class where we'll try out a variety of different art styles & media. (min 5/max 15)
- **BASKETBALL STRENGTH & CONDITIONING PROGRAM (NEW)**- This program is designed for high school players (including incoming freshmen) to help prepare them for their school season. We'll focus on individual skills according to position (post/perimeter) & improve overall sports performance including strength, agility, quickness, flexibility, explosiveness & jumping. We'll supplement workouts with intra-squad scrimmages. Advantage Rehab is teaming with us to provide running & jumping mechanics & injury prevention training. Youth should bring a basketball & water bottle each morning. (min 4/max 30)
- **COMPETITIVE SWIM FEEDER PROGRAM (NEW)** - Is your child interested in joining our competitive swim club but not quite up to skill level to join? Our feeder program might be just what he or she needs! Swimmers must have completed Preschool LTS Level 3 or LTS Level 2 to participate. (min 3/max 10)
- **FRIDAY AT THE MOVIES** - Who doesn't love an afternoon at the movies? Join us for a children's movie each Friday this summer. Children younger than 4 are welcome WITH an adult.
  - JUNE 3 - SHAUN THE SHEEP
  - JUNE 10 - MINIONS
  - JUNE 17 - NORM OF THE NORTH
  - JUNE 24 - HOTEL TRANSYLVANIA 2
  - JULY 1 - NO MOVIE!
  - JULY 8 - PEANUTS MOVIE
  - JULY 15 - ALVIN & THE CHIPMUNKS: ROAD CHIP
  - JULY 22 - HOME
  - JULY 29 - RATCHET & CLANK
  - AUGUST 5 - SURPRISE!
  - AUGUST 12 - SURPRISE!
- **GAME ON** - Spend your afternoons playing like a kid at the Rec Center with a variety of kid's choice games led by our Rec staff. Games may end early depending on participation. (min 5)
- **LACROSSE** - Boys & girls play separately to hone their skills at the fastest sport on two feet! Lacrosse is a dynamic combination of speed, power, endurance & strategy. (min 5/max 20 per gender)
- **LITTLE BRONC FOOTBALL CAMP** - Join CHS Bronc football staff & players for a non-contact, high-energy intro to the game. Please preregister at the Rec Center; registration & fees also will be collected at the field. (min 5/max 50)
- **LITTLE SPANISH LEARNERS 2** - Older learners are immersed in the Spanish language in a creative & interactive way & encouraged to speak the language through songs, games, crafts & repetition. English will be spoken as well to ensure understanding of expectations & directions. Instructor Marcela Pabon is a native of Colombia & continues the focus from previous classes while including a variety of fun summer & outdoor activities. (min 5/max 10)
- **NFL PUNT, PASS & KICK** - This is one of the world's largest youth sports programs for BOTH boys & girls aged 6 to 15 years. Kids compete in five separate age divisions in this FREE, fun event.
- **ONE DAY SWIM CLINICS** - New to swimming or interested in new techniques? Learn skills in a quick & easy format. Participants must be able to swim in the main pool. (min 3/max 10 per clinic)
  - **Beginning Diving** - Children learn to feel comfortable jumping off the diving board & swimming to the side while progressing through skills.
  - **Starts & Turns** - Gain a competitive edge in a swim race by learning & refining starts & turns. Learning to turn efficiently also makes your workouts more fluid & fun.
  - **Stroke Improvement** - Competitive & hobby swimmers improve efficiency through skills, techniques & drills you can use on your own after the clinic. Swimmers must have enough endurance to swim several laps continuously.
  - **Spring Board Diving** - An intro to the sport of spring board diving. Learn the correct approach & two basic dive positions (forward & backward) in a fun, noncompetitive atmosphere. Must be able to perform a forward dive off diving board & swim to the side unassisted.
- **STACK A SNACK** - Budding chefs will build their own nutritious & delicious snacks & learn some great culinary techniques along the way. Please

inform staff of any food allergies. (min 5/max 10)

- **SUMMER BASKETBALL** - School age youth will work on developing their court skills & play games to practice those skills. Players will be divided into age-appropriate groups. (min 5/max 30)
- **SUMMER SOCCER** - Big kids will learn new moves, skills & drills while playing the fastest game on two feet! Youth will be divided into age appropriate groups. (min 10/max 30)
- **TRACK & FIELD WEEK** - Join us at the CHS track for a week of track & field fun. We'll practice the following events: 100, 200, 400, 800, 1600, 4X100, 4X400, long jump & softball throw Monday thru Thursday & conclude the event with competitions on Friday. Awards will be given for 1st to 3rd places in each event. Children will be split into the following age groups: 3rd/4th grade, 5th/6th grade & 7th/8th grade. (min 10/max 45)
- **T-SHIRT TA-DA! (NEW)** - We're putting all those old Rec t-shirts to good use by making a variety of fun crafts - bowls, dog toys, placemats, rugs & more! (min 5/max 15)
- **YOUTH EQUIPMENT ORIENTATIONS** - Athletes 13 years & older get acquainted with, learn safety tips & proper use of weight & cardio equipment. After completing this class students may workout upstairs **WITHOUT** adult supervision provided they implement what they learned & show maturity when using equipment. Additional group classes may be added if there is enough interest. Contact Fitness Coordinator, Kelly Serfas Bower, at 307-527-3487 for details. (min 3/max 8)
- **YOUTH TENNIS** - Come learn the game or improve your skills in age-appropriate group lessons with CHS players. Youth are encouraged to bring their own racquets (6 to 9 YO min 5/max 15; 10 to 16 YO min 5/max 20)

**"Set your goals high,  
& don't stop until  
you get there."  
~ Bo Jackson**

**Youth  
Programs**  
• 6 to 16



## SAVE THE DATE!

Mark your calendars for TWO fun, can't-miss youth & family events this summer:

- **PATRIOT RUN** - Friday, July 8 at Beck Lake Park
  - **ZOMBIE RUN** - Friday, August 19 at Canal Park
- For more details, see page 21.

## CODY YOUTH FOOTBALL

Kindergarten through 3rd graders will play flag football; 4th graders can choose flag or tackle & 5th through 6th graders have their own tackle league. Call Ryan Brown at 307-250-2372 for more info.

**REGISTER AUGUST 13TH AT 10:30 A AT THE  
PEE WEE & JUNIOR BASEBALL FIELD  
COST: \$40 Flag; \$125 Tackle**

## 5TH & 6TH GRADE GIRLS VOLLEYBALL

**REGISTRATION DEADLINE AUGUST 15TH!**

The first phase of this season will involve clinics led by experienced instructors aimed at developing or refreshing foundational volleyball skills such as passing, setting, hitting & serving. In the second phase, 6 vs. 6 teams practice 1x/week & play league matches 1x/week. Coach's meeting Monday, Aug 22 at 6 P at the Rec Center. Players will hear from a coach after the meeting & practices begin Aug 29.

**COST: \$35 by Aug 15; \$55 after deadline**

**"I believe in myself." ~ Muhammad Ali**

## SUMMER PROGRAM REGISTRATION DEADLINES

In order to make sure we "make ends meet" & that we have enough staff & supplies for our classes, we have set minimum enrollment numbers & registration deadlines for our programs. Please be sure to register **EARLY** as space is limited & classes may be cancelled if minimums are not met. Contact staff at 307-587-0400 for more details.

### REGISTRATION DEADLINES:

- **JUNE CLASSES - JUNE 1**
- **JULY CLASSES - JULY 1**
- **AUGUST CLASSES - JULY 31**

## FALL SOCCER

**REGISTER BY AUGUST 15 TO GUARANTEE A T-SHIRT & SAVE \$\$!** Youth in Kindergarten through 8th grades hit the fields in this fun, rec league. Players will hear from a coach the week of Sept 5. Games & practices are weather dependent & will be held on weeknights with two Saturday games (Sept 17 & Oct 22). All games will be played at Mentock Park. Shin guards & soccer/baseball cleats required. *The success of this league depends on volunteer coaches & helpers. If you can help, please notify rec staff.*

**COST: \$35 by Aug 15; \$55 after deadline**



## Kidz on the Move & ASAP



*"In youth we learn; in age we understand."  
~ Marie von Ebner-Eschenbach*



## AFTER SCHOOL ACTIVITIES PROGRAM (ASAP)

*Innovative out-of-school-time program for youth in Kindergarten to 6th grades. Staff fosters positive relationships in a safe, friendly & active community & focuses on learning, retention & involvement. We put the FUN back in after school! The Home Court Advantage is our foundation: SAFETY is our #1 priority; everyone feels a sense of BELONGING & VALUE; & students have the COURAGE to try new things.*

We offer club-based Wactivities plus HomeFUN tutoring, swimming & various recreational opportunities each school day afternoon. *Daily snack & program supplies provided at NO extra cost.*

**WHEN:** Begins Aug 22; Mon-Fri, School dismissal til 6 P

• ASAP is NOT open on school holidays.

**WHERE:** Recreation Center

**COST:** \$8/First Child; \$7/Additional Children

- Registration packets are available at the Rec Center by early August & must be completed for EACH child before attending the program.
- Bus transportation is provided by the school district to the Rec Center each school day.
- Contact ASAP staff at 307-250-8362 or 307-527-3490 with any questions or concerns.

# KIDZ ON THE MOVE Summer Day Camp

**MAY 31 TO AUGUST 19**

*\*No Camp Monday, May 30th or July 4th!*

We offer two day camps to keep kids engaged & entertained in age-appropriate activities during summer vacation:

- **EXPLORERZ** introduces youth who COMPLETED Kindergarten thru 2nd grade to the camp experience
- **ADVENTURERZ** has kids who have FINISHED 3rd to 6th grade taking camp to the next level

**WHEN:** Monday-Friday, 7 A to 5:30 P

**WHERE:** We begin & end our days at the Paul Stock Aquatic & Recreation Center; 1402 Heart Mountain Street

**COST:** \$170 10-day Punchcard (\$17/day) or \$25 Daily Drop-In Fee

### CAMP SPECIFICS:

- 12 weeks of camp where we'll GO FOR THE GOLD & get *Faster, Higher, Stronger* as we explore our outdoor world through a variety of Olympic sports & culture themes.
- Families must PREREGISTER for camp & have punches available on a punchcard in order for children to attend. At initial registration, families should purchase at least one 10-day punchcard (\$170) plus pay a \$25 registration fee per child to cover T-shirts & other camp necessities.
- Punchcards can be shared by siblings & parents must initial cards each day children are dropped off at camp. You will ONLY be charged for the days your child attends camp. Any unused camp punches will be credited to the household to be used on future programs or issued a refund.
- All staff are college-age or older & we pride ourselves on a safe child to adult ratio each day.
- Regular activities include Sports Shorts, Full STEAM Ahead, Lit is a Hit, Morning Motion, Park Play, Friday at the Movies, Swimming & MORE! We also add guest speakers & local field trips many weeks depending on our theme.
- Camps head out of town each WEDNESDAY for full-day field trips. Permission slips are due Mondays by 5:30 P!
- JUNIOR COUNSELOR program also available for youth in 6th to 8th grades who previously attended camp! Contact Amy Quick for details.

**CALL 307-250-8362 OR 307-527-3490 FOR MORE DETAILS. REGISTRATION PACKETS AVAILABLE AT THE REC CENTER OR ONLINE!**

# CODY COUNTRY ART LEAGUE CLASSES

Northwest College art students & local artists share their enthusiasm & talents with Cody's budding young artists. Each class will be a unique session depending on the interests & abilities of students. Space is limited in these popular classes so please register early *at the Rec Center!* **CLASSES MEET AT THE ART LEAGUE, 836 SHERIDAN AVENUE.** Children should wear an old shirt or bring an apron to cover their clothes. For additional details, please call the Art League at 307-587-3597.

Art League  
Classes



*"The future belongs to young people with an education & the imagination to create."  
~ President Barack Obama*

*"This world is but a canvas to our imagination." ~ Henry David Thoreau*

## CODY COUNTRY ART LEAGUE CLASSES

Class Name	Age	Day	Date	Cost	Instructor	Time Start	Time End	Code
Drawing & Painting	6+	Monday	June 13	\$10	Eryka Spomer	9 A	11 A	270200-1
Drawing & Painting	6+	Monday	June 13	\$10	Aaron Aagard	1 P	3 P	270200-2
Drawing & Painting	6+	Wednesday	June 15	\$10	Eryka Spomer	9 A	11 A	270200-3
Drawing & Painting	6+	Wednesday	June 15	\$10	Aaron Aagard	1 P	3 P	270200-4
Drawing & Painting	6+	Friday	June 17	\$10	Cydney Barrus	9 A	11 A	270200-5
Drawing & Painting	6+	Friday	June 17	\$10	Cydney Barrus	1 P	3 P	270200-6
Drawing & Painting	6+	Monday	June 20	\$10	Eryka Spomer	9 A	11 A	270200-7
Drawing & Painting	6+	Monday	June 20	\$10	Aaron Aagard	1 P	3 P	270200-8
Drawing & Painting	6+	Wednesday	June 22	\$10	Eryka Spomer	9 A	11 A	270200-9
Drawing & Painting	6+	Wednesday	June 22	\$10	Aaron Aagard	1 P	3 P	270200-10
Drawing & Painting	6+	Friday	June 24	\$10	Cydney Barrus	9 A	11 A	270200-11
Drawing & Painting	6+	Friday	June 24	\$10	Cydney Barrus	1 P	3 P	270200-12
Drawing & Painting	6+	Monday	June 27	\$10	Eryka Spomer	9 A	11 A	270200-13
Drawing & Painting	6+	Monday	June 27	\$10	Effie Clark	1 P	3 P	270200-14
Painting	10+	Tuesday	June 28	\$10	Paige Bacon	9 A	11 A	270200-15
Paper Sculpture	10+	Tuesday	June 28	\$10	Paige Bacon	1 P	3 P	270200-16
Drawing & Painting	6+	Wednesday	June 29	\$10	Eryka Spomer	9 A	11 A	270200-17
Drawing & Painting	6+	Wednesday	June 29	\$10	Effie Clark	1 P	3 P	270200-18
Drawing & Painting	6+	Wednesday	July 13	\$10	Effie Clark	9 A	11 A	270200-19
Drawing & Painting	6+	Wednesday	July 13	\$10	Aaron Aagard	1 P	3 P	270200-20

**School's  
Out, Stay  
Safe!**



**CREATING A SAFE PLACE FOR CODY'S YOUTH!**  
Recreation Center staff has organized a variety of activities to make sure school age youth have fun in a safe place during the summer holiday & on No School Days. Most programs are offered **FREE** to members or a daily entrance fee for nonmembers. *Nonmembers in need should inquire at the Front Desk about donated guest passes for entry.* For more information, contact staff at 307-587-0400.

# SCHOOL'S OUT, STAY SAFE

Class Name	Date	Cost	Location	Time Start	Time End
Super Soaker Shootout	June 27	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Picnic in the Pool w/ Inflatables	June 28	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Slip-n-Slide	June 29	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Snow Cones	June 30	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Slurp-n-Paint	July 1	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Noodle Madness	August 15	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Water Balloons & Bubbles	August 16	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Boat Day	August 17	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Slip-n-Slide	August 18	Free/Daily Fee NM	Rec Center Pools	1 P	3 P
Float Day	August 19	Free/Daily Fee NM	Rec Center Pools	1 P	3 P



## WORLD'S LARGEST SWIMMING LESSON

Help set another new Guinness World Record!  
Registration begins at 9:30 A; Lesson starts at 10 A.

**FRIDAY, JUNE 24**  
Recreation Center Pools  
**FREE!**

## REC CENTER 15TH ANNIVERSARY

Time flies when you're having fun! It's hard to believe it's been 15 YEARS since the Paul Stock Aquatic & Recreation Center opened its doors thanks to generous support from the Cody community. Help us celebrate this milestone with a **FREE DAY** & many other great activities. It's our way of saying **THANK YOU** for 15 fabulous years!  
**WHEN: FRIDAY, JUNE 24**

- 9:30 A - World's Largest Swimming Lesson Registration
- 10 to 11 A - World's Largest Swimming Lesson - Let's set a Guinness World Record!
- 11:30 A to 1 P - Lunch (Hot dogs, chips, cookies & water) & Outdoor Fun!
  - Sling shot T-shirt giveaway
  - Music
  - Sidewalk chalk & Window painting
  - Outdoor ping pong & Lawn games
- 1 to 3 P - Friday at the Movies at Big Horn Cinemas (\$6.50/movie or \$50 summer movie pass)
- 3 to 5 P - Pool Party

**COST: FREE**



## FIT 4 FUN

No matter your age, fitness should be a FUN life-long habit. Celebrate the last day of school with a variety of kid's games, family relays & more. The whole family is welcome! This event is cosponsored by the Children's Resource Center.

**WHEN:** Wednesday, May 25, 1 to 2:30 P

**WHERE:** Recreation Center Gyms

**COST:** FREE!

**"Everything good,  
everything magical  
happens between the  
months of June &  
August."  
~ Jenny Han**

**Special  
Events**

## FREE FLY CASTING CLINICS

North Fork Anglers & East Yellowstone Trout Unlimited present FREE fly casting clinics for all ages & abilities. Four clinic times available. Advance registration required at the Rec Center.

**WHEN:** Saturday, June 11; 8:30 A to 12:30 P

**WHERE:** Recreation Center Gyms

**COST:** FREE!

- 8:30 A Clinic 210209-1
- 9:30 A Clinic 210209-2
- 10:30 A Clinic 210209-3
- 11:30 A Clinic 210209-4

## RUNNER'S STAMPEDE

**REGISTRATION DEADLINE JULY 1!**

***Race day registration closes at 6:45 A***

Get ready to run (or walk) in this fun, non-sanctioned event. 5K run or walk available for ALL ages, plus a 10K run for athletes 13 & older. First place prizes will be awarded in many age categories. **RESULTS WILL BE POSTED & PRIZES CAN BE COLLECTED TUESDAY, JULY 5. THE RECREATION CENTER WILL BE CLOSED TO THE PUBLIC ON MONDAY, JULY 4!**

Call 307-587-0400 for details or to request a registration packet. Packets also available on the City of Cody website.

**WHEN:** MONDAY, JULY 4; 7 A

**WHERE:** Begins & Ends at the Paul Stock Aquatic & Recreation Center, 1402 Heart Mountain St

**COST:** \$30 by July 1; \$40 after deadline

***T-shirts guaranteed ONLY for preregistered racers!***

**CODE:** 260004-1

## PATRIOT RUN

This fun, family event encourages everyone to get out & get movin'! Various run/walk distances are available based on ages. Prizes awarded for a variety of categories including Most Patriotic.

**WHEN:** Friday, July 8; 10 A

**WHERE:** Beck Lake Park, 2401 14th Street

**COST:** \$5/Child or \$10/Family

**CODE:** 260005-1

## ZOMBIE RUN

Does the idea of going back to school make you feel like a Zombie? Get your Zombie willies out with this fun run. School age youth try to escape our friendly zombies in an outdoor obstacle course.

Parents & volunteers welcome & make-up/costumes encouraged!

**WHEN:** Friday, August 19, 10 A

**WHERE:** Canal Park

**COST:** \$5/Child or \$10/Family

**CODE:** 260006-1

## WILD WEST RIVER FEST

Cody Parks & Rec teams up with local partners to celebrate recreation & conservation on the Shoshone River. Activities include a fly fishing tournament, whitewater races, hands-on family activities, river films & more!

Visit [www.codyriverfest.com](http://www.codyriverfest.com) for details.

**WHEN:** Saturday & Sunday, August 20 & 21

**COST:** Most Activities are FREE!

## SUMMER SPRINT TRIATHLON

We're taking this summer's Sprint Triathlon OUTSIDE to showcase some of our great new bike trails in the Beck Lake area & celebrate summer! Racers 16 years & older swim approximately 500 yards at the New Cody Reservoir, pedal on dirt for 5 to 6 miles on the great new singletrack trails constructed by the Park County Pedalers (*exact course is dependent on weather & permitting; road ride option also available*), & run about 3 miles on mixed terrain. Compete individually or as a team of 2 to 3 racers. Race packets with start times & more detailed information will be available by Aug 29.

**WHEN:** Saturday, September 10

**WHERE:** Beck Lake Park (Tentative, depending on weather & permitting)

**COST:** \$35/individual; \$70/team by Aug 29; \$15 late fee will be applied to all late entries!

**CODE:** 260003-1

# Adult Programs

16+

Adult class & league participants must be at least 16 years old unless otherwise noted. For more information about any adult sports leagues or programs, please contact Ryan Brown at [rbrown@cityofcody.com](mailto:rbrown@cityofcody.com) or call 307-527-3488. LEAGUES MAY BE CANCELLED IF MINIMUM ENROLLMENT IS NOT MET BY THE REGISTRATION DEADLINE.

"The only place success comes before work is in the dictionary."  
~ Vince Lombardi

## ADULT AQUATIC, ATHLETIC & RECREATION PROGRAMS

Class Name	Age	Day	Time Start	Time End	Cost	Location	Mtg Date	Session Start	Session End	Code
Men's Softball	16+	Mon/Wed	Eve	Eve	\$350/Team	Softball Complex	May 2	May 23	July	---
Women's Softball	16+	Tues/Thurs	Eve	Eve	\$350/Team	Softball Complex	May 2	May 24	July	---
Open Kayaking	Adults	Wednesday	6 P	7:45 P	\$4/Class	Main Pool	June 8 & 22 July 13 & 27 Aug 10 & 24 Sept 14 & 28	---	---	---
Open Scuba	Adults	Wednesday	5:30 P	7:30 P	\$4/Class	Main Pool	June 15 July 20 Aug 17 Sept 21	---	---	---
Co-Ed Softball	16+	Varies	Eve	Eve	\$350/Team	Softball Complex	June 20	July 11	Varies	---
Adult Swim Class-NEW!	16+	Mon-Fri	6:30 P	7:15 P	\$40	Pools	—	Aug 15	Aug 26	201332-1
Around the Clock Softball Tournament-NEW!	16+	Sat/Sun	9 A Sat	9 A Sun	\$175/Team	Softball Complex	—	Aug 27	Aug 28	260311-1
Men's 4 on 4 Flag Football-NEW!	16+	Wednesday	Eve	Eve	\$100/Team	Legion Baseball Field	Sept 6	Sept 14	Oct 26	---
Fall Women's & Co-Ed Volleyball	16+	Monday Tuesday	Eve	Eve	\$175/Team	Maroon & Blue Gyms	Sept 19	Oct 10 & 11	Varies	---

- **ADULT SWIM CLASS (NEW)** - This is a group class customized to individual needs. Swimmers will learn basic aquatic skills & swim strokes, including the front crawl, breaststroke & elementary backstroke. For those who already have the basics down, the instructor will work with you to improve your proficiency in the six basic swim strokes. (max 6)
- **AROUND THE CLOCK ONE PITCH CO-ED SOFTBALL TOURNAMENT (NEW)** - It's 24 hours of softball! Put your teams together now for this fun, end-of-summer tournament. Prizes will be awarded for 1st, 2nd & 3rd places. Concessions & beer garden available. Camping allowed at fields. Fun for the whole family! For more information, contact Ryan Brown at 307-527-3488. (min 4 teams)
- **CO-ED SOFTBALL** - Team rosters due June 13; Manager's meeting Monday, June 20 at 6 P. Games will start Monday, July 11. (min 4 teams)
- **FALL WOMEN'S & CO-ED VOLLEYBALL** - Rosters due September 12, no exceptions. Manager's meeting September 19 at 6 P. Play begins October 10 for Women's league & October 11 for Co-Ed.
- **MEN'S 4 ON 4 FLAG FOOTBALL** - Rosters due Monday, August 29; Manager's meeting September 6 at 6 P. (min 3 teams)
- **MEN'S SOFTBALL** - Teams will play Monday & Wednesday evenings starting May 23. (min 4 teams)
- **OPEN KAYAKING** - Keep your paddling skills sharp in the safety of our pool. A variety of watercraft are welcome. Call Aquatic staff for rental info.
- **OPEN SCUBA** - Get ready for your next dive in the safety & warmth of our pool. Call Aquatic staff for rental info.
- **WOMEN'S SOFTBALL** - Teams will play Tuesday evenings starting May 24. (min 4 teams)

# WEEKLY FITNESS CLASS SCHEDULE

A new session of fitness classes begins at the start of each calendar month. Below is a weekly schedule of regular fitness classes offered both on the dry & wet side at the Rec Center. See pages 24 & 25 for additional class information.

Adult  
Fitness  
16+



*The best project you will ever work on is you!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 to 7 A Sunrise Yoga Porter 6 to 7 A Water Workout Hour 6 to 8 A Fit & Fun Swim Squad Volunteer Coach		6 to 7 A Sunrise Yoga Porter 6 to 7 A Water Workout Hour 6 to 8 A Fit & Fun Swim Squad Volunteer Coach		6 to 7 A Water Workout Hour 6 to 8 A Fit & Fun Swim Squad Volunteer Coach	
8:30 to 9:30 A Fuse Kelly 9 to 10 A Morning Mix Tiffin	9 to 10 A Morning Mix Tiffin	8:30 to 9:30 A Fuse Kelly	9 to 10 A Morning Mix Tiffin		9 to 10 A Body Sculpt Lori B
11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour		11 A to 12 P Water Workout Hour	
12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	12:15 to 12:45 P Lunch Box Variety Kelly	
	5:30 to 6:30 P Yoga Kevin		5:30 to 6:30 P Yoga Kevin		

*Commitment means staying loyal to what you said you were going to do long after the mood you said it in has left you.*

## FITNESS CLASS DROP-IN PASSES:

\$5 MEMBERS; \$8 NONMEMBERS

Passes may be purchased individually or in bulk at the Front Desk for any class IF space is available.

## 10 CLASS PUNCH CARDS:

\$40 MEMBERS; \$65 NONMEMBERS

Enjoy classes at your convenience. Sample a variety of classes when it best fits your schedule. Entry into class is available on a first-come basis. Signing up for a class is the **ONLY** way to insure your spot.







**BE THE BEST POSSIBLE YOU!** Our fitness staff strives to provide innovative fitness programming for all levels, interests & abilities. Class times & offerings sometimes change due to instructor availability & public interest. We also strive to meet the most current industry trends & at times will add classes. Please check with the Front Desk or contact the Fitness Coordinator, Kelly Serfas Bower, at [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or call 307-527-3487 for the most up-to-date schedule. Adult fitness class participants must be at least 16 years old unless otherwise noted.

*"Most people give up right before the big break comes - don't let that person be you."  
~ Michael Boyle*

# ADULT FITNESS PROGRAMS

Class Name	Age	Day	Start	End	No Class	Cost/Session	Location	Time Start	Time End	Code
Body Sculpt	16+	Saturday	June 4	Aug 27	TBA	Drop In/ Punch Card	MP Room	9 A	10 A	---
Fit & Fun Swim Squad	High School +	M/W/F	Monthly June 6	Sept 2	Aug 1 to 5	Free/ Daily Fee NM	Main Pool	6 A	8 A	---
Fuse-NEW!	16 +	Mon/ Wed	Monthly July 6	August 31	Aug 1 to 5	\$23 M; \$40 NM	MP Room	8:30 A	9:30 A	231303-1 231303-2
Lunch Box Variety	16+	Mon-Fri	HALF SESSION June 1	June 15	---	\$20 M; \$29 NM	MP Room, Gyms & Spectator Area	12:15 P	12:45 P	231323-1
Lunch Box Variety	16 +	Mon-Fri	Monthly July 5	Sept 2	Aug 1 to 5	\$40 M; \$58 NM	MP Room, Gyms & Spectator Area	12:15 P	12:45 P	231323-2 231323-3
Morning Mix-NEW TIME!	16+	M/T/TH	HALF SESSION June 2	June 16	---	\$14 M; \$22.50 NM	MP Room, Gyms & Spectator Area	9 A	10 A	231327-1
Morning Mix	16+	M/T/TH	Monthly July 5	Sept 1	Aug 1 to 5	\$28 M; \$45 NM	MP Room, Gyms & Spectator Area	9 A	10 A	231327-2 231327-3
Strollercize-NEW!	16 +	Tues/ Thurs	Monthly June 7	Sept 1	---	\$23 M; \$40 NM	Outdoor Parks, meet at Rec Center	10 A	10:45 A	231305-1 231305-2 231305-3
Water Workout Hour	Adults	M/W/F	Monthly June 6	Sept 2	Aug 1 to 5	Free Members; \$40 NM	Main Pool	6 A 11 A	7 A 12 P	201313-1/6
Sunrise Yoga-NEW TIME!	16+	Mon/ Wed	Monthly June 6	August 31	July 4 & Aug 1 to 5	\$23 M; \$40 NM	MP Room	6 A	7 A	231352-1 231352-2 231352-3
Yoga	16+	Tues/ Thurs	Monthly June 7	Sept 1	Aug 1 to 5	\$23 M; \$40 NM	MP Room	5:30 P	6:30 P	231350-1 231350-2 231350-3

# FITNESS CLASS DESCRIPTIONS

Adult  
Fitness  
16+



*Fitness isn't about being better than someone else,  
it's about being better than you used to be.*

- **BODY SCULPT** - Sculpt your body from head to toe in this full body toning class which utilizes a variety of fitness equipment to deliver full-body results. **DROP-IN ONLY.** (max 20)
- **FIT & FUN SWIM SQUAD** - Our volunteer coach offers a friendly & fun aquatic training program for all swimming abilities. Call 307-527-DIVE for more details. (max 20)
- **FUSE (NEW)** - Ignite your fitness routine with an awesome blend of formats! This class combines elements of Pilates, barre & traditional strength training to tone the whole body. (min 6/max 15)
- **LUNCH BOX VARIETY** - Maximize your results in minimum time! This half-hour class is constantly changing to keep your body guessing & the results coming. We manage to squeeze in cardio & strength elements each class utilizing all the space & equipment the Rec Center has to offer, including heading outside when the weather allows. (min 6/max 20)
- **MORNING MIX** - Improvements to your health & fitness levels come with a challenge & this class will provide it! Morning Mix incorporates a variety of formats & equipment to keep the body challenged & the results coming. Mondays we cycle, Tuesdays focus on kickboxing intervals & Thursday is high intensity interval training. With good weather, class will also spend time outside! (min 6/max 20)
- **STROLLERCIZE (NEW)** - Moms, dads, grandparents & caregivers will enjoy this active class that is so much more than a walk in the park! Enjoy time with your little one while you sweat, using your stroller as a workout tool. We'll spend time outdoors when the weather permits or make use of indoor spaces when necessary. (min 3/max 12)
- **WATER WORKOUT HOUR** - Volunteers lead exercises as participants work at their own pace in this great low-impact aquatic fitness class. Workout cards provided.
- **YOGA & SUNRISE YOGA (NEW TIME)** - Build strength & flexibility through flowing movements & postures synchronized with the breath. All levels are welcome whether it's your first class or your 1,001st! (min 6/max 15)

*Sore Today, Strong Tomorrow!*



## CLASSES FOR CREDIT

Take fitness classes at the Rec Center & earn college credit through Northwest College! Many of our fitness classes listed in this book are eligible to fulfill PE credits. Contact NWC to register.



*Good things come to those who sweat.*



# PERSONAL TRAINING

For more information on any of our Personal Training Services, please contact our Fitness Coordinator, Kelly Serfas Bower, at [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or call 307-527-3487.

**CHARTER DISCOUNTS DO NOT APPLY TO PERSONAL TRAINING SERVICES!**

## PERSONAL TRAINING

Take your fitness to the next level with programming designed specifically for your unique goals. Want to lose weight? Hoping to gain strength? Or, do you want to improve your heart health or body composition? Our four qualified & certified personal trainers can help you see results & meet your goals! For more details, visit with Front Desk staff or contact our Fitness Coordinator, Kelly Serfas Bower, at 307-527-3487.



ONE-ON-ONE SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$140	\$266	\$399
Nonmembers	\$180	\$342	\$513
HALF HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$80	\$152	\$228
Nonmembers	\$120	\$228	\$342
GROUP SESSIONS			
ONE HOUR	4X PACKAGE	8X PACKAGE	12X PACKAGE
Members	\$210	\$399	\$599
Nonmembers	\$280	\$532	\$798

*\* Groups are two to three people with similar training goals.*

## MEET OUR TRAINERS

Our highly qualified & well educated personal trainers hold some of the premier certifications in the fitness industry & have valuable experience working with clients of all levels & abilities. Stop at the Front Desk for bios & additional details on each trainer so you can pick the perfect one for you & your goals.



**Rinda Eastman**



**Amy Jones**



**Lucas Krubeck**



**David Sechrist**



# WELLNESS SERVICES & SENIOR PROGRAMS

For more information on any of our Wellness Services or Senior Programs, please contact our Fitness Coordinator, Kelly Serfas Bower, at [kellyb@cityofcody.com](mailto:kellyb@cityofcody.com) or call 307-527-3487.

Wellness  
& Senior  
Programs



## REASONS TO WORK WITH A PERSONAL TRAINER:

- Accountability
  - Consistency
  - Motivation
  - Expertise
- Help Identifying & Reaching your Goals
  - Personalized Workouts
- Individualized Instruction
  - Effective Workouts
  - Efficient Gym Time
  - Injury Prevention
  - Supervision
  - Safety
- Focus on your Unique Health Concerns
  - Learn New Skills
  - Special Needs Training
  - Sport Specific Training

**AND SO MUCH MORE!** Contact the Front Desk about our Personal Training Services & schedule a consultation with one of our four highly qualified trainers **TODAY!**

## TANITA BODY COMPOSITION ANALYZER

Gain the information you need to optimize your health with the Recreation Center's Tanita Body Composition Analyzer. The noninvasive test provides invaluable information about your health, including body fat percentage, Body Mass Index (BMI), Basal Metabolic Rate (BMR) & much more. Schedule an appointment today with our Fitness Coordinator, Kelly Serfas Bower. Call 307-527-3487 for more information.

Purchase individual tests or buy a Punch Card for 3 tests & get the 4th test FREE!

<u>Single Test:</u>	\$10 Members
	\$15 Nonmembers
<u>4 Test Punch Card:</u>	\$30 Members
	\$45 Nonmembers

*"Aging is not lost youth, but a new stage of opportunity & strength." ~ Betty Friedan*

## CODY SENIOR CENTER FITNESS CLASSES

Seniors 60+ are welcome to attend a variety of low-impact fitness classes for FREE at the Cody Senior Center, 613 16th Street. Call 307-587-6221 for more information.

### SCHEDULE OF CLASSES:

#### MONDAY

Body Toning w/ Tori - 9 A  
Weight Training w/ Teri - 11 A

#### TUESDAY

Exercise w/ Teri - 11 A

#### WEDNESDAY

Body Toning w/ Tori - 9 A  
Qigong w/ Teri - 11 A

#### THURSDAY

Exercise w/ Teri - Thursday, 11 A

#### FRIDAY

Line Dancing w/ Lacey - Friday, 10 A

## WYOMING HEALTH FAIRS MONTHLY BLOOD DRAW

Are you looking for more information about the state of your health? Wyoming Health Fairs offers monthly blood draws including a wide variety of tests (complete blood chemistry profile, prostate cancer screening, health risk assessments & more). No appointment necessary although some tests require fasting. Call 307-587-0400 or visit [wyominghealthfairs.com](http://wyominghealthfairs.com) for more details.

**WHEN:** 2nd Wednesday/Month, 7 to 10 A  
June 8, July 13, August 10 & September 14

**WHERE:** Recreation Center

**COST:** Varies Depending on Tests



# SAFETY & FIRST AID PROGRAMS

Charter discounts do NOT apply to these American Red Cross classes. For more information on these classes, please contact Aquatic staff at 307-527-DIVE or e-mail jennip@cityofcody.com.

*"Safety isn't expensive, its priceless." ~Author Unknown*

## SAFETY & FIRST AID PROGRAMS AMERICAN RED CROSS

Class Name	Age	Day	Time Start	Time End	Cost	Location	Registration Deadline	Date	Code
Adult & Pediatric First Aid/CPR/AED Blended Learning	---	Tuesday	6 P	8 P	\$27 Online; \$63 Skills	Online & Wet Classroom for Skills Session	June 17 July 15 Aug 19 Sept 16	June 21 July 19 Aug 23 Sept 20	280015-1 280015-2 280015-3 380015-1
Professional Lifeguarding	15+	Mon-Fri	8 A	5 P	\$140	Wet Classroom, Conference & Pool	June 3	June 6 to 10	280018-1
Jr Lifeguard Class	11 to 14	Mon-Fri	9 A	4 P	\$45	Wet Classroom, BD Party Room & Pool	June 3	June 6 to 10	280219-1

*"Be alert! Accidents hurt."  
~Author Unknown*

### CLASSES UPON REQUEST

Interested in a specialty First Aid class? We have many classes available upon request, including Wilderness & Remote First Aid, Safety Training for Swim Coaches & more! Many of these classes require a minimum enrollment. Call 307-527-DIVE for additional information.

*"Safety is 30% common sense, 80% compliance & the rest is good luck"  
~ Barry Spud*



- **ADULT & PEDIATRIC FIRST AID/CPR/AED** - Recognize & care for a variety of First Aid & cardiac emergencies. Certificate is valid for two years. Blended learning course combines online learning & a classroom skills session. Online learning must be completed at least 48 hours before attending class. Register by the deadline listed above to avoid a \$15 late fee. (min 6/max 12)
- **JUNIOR LIFEGUARD CLASS** - This class is designed to guide youth to the lifeguarding course by building a foundation of knowledge, attitudes & skills. Students will build stamina & work alongside our staff. Course does NOT include First Aid/CPR certification. (min 6/max 12)
- **PROFESSIONAL LIFEGUARDING** - Participants learn teamwork, rescue & surveillance skills, First Aid & CPR/AED, & other skills needed to work as a lifeguard through videos, group discussion & hands-on practice. Training options feature two core courses: Lifeguarding & Shallow Water Lifeguarding (available in a blended learning format), plus optional add-on modules. Two-year lifeguard certification awarded to successful candidates. *Prerequisite: Must be able to pass a swim test. (min 4/max 10)*

*"Safety isn't expensive, its priceless."  
~ Author Unknown*

# PARKS & PUBLIC FACILITIES

The City of Cody proudly offers a variety of park amenities & public facility rental opportunities for groups of almost any size, providing flexibility for a variety of special functions. Rental equipment includes tables, chairs, projectors, bleachers, & pipe & drape. Horseshoes, volleyball systems & various other recreation equipment also are available. For details on checkout & reservation information, please contact Jessica Reesy at 307-587-0400.

Community  
Info



*"Look deep into nature, & then you will understand everything better." ~ Albert Einstein*

## COMMUNITY SPECIAL ACTIVITY GROUPS

4-H			CODY YOUTH FOOTBALL		
Kelsey Roop	527-8560		Ryan Brown		250-2372
ABSAROKA FIGURE SKATING CLUB			CODY JUNIOR RODEO		
Sarah Mathuin	406-850-3747		Melanie Ellis		527-5577
AMERICAN LEGION BASEBALL			GIRL SCOUTS OF WYOMING & MONT.		
Bret Morris	899-6522		Main Office		800-736-5243
BIG HORN BELLY DANCE			HEART MOUNTAIN ROLLER DERBY		
Lisa McDonald	250-4633		Heather Rhoeds		899-0896
BOY SCOUTS			HUNTER SAFETY		
Andrew Allgeier	307-699-1064		WY Game & Fish		527-7125
CITY PARK MINI GOLF			JUNIOR LITTLE LEAGUE		
Office	213-5179		Bret Morris		899-6522
CODY ARCHERY CLUB			PARK COUNTY ARTS COUNCIL		
Mark Kiple	250-5814		Steve Schrepferman		899-6693
CODY COUNCIL ON AGING			PARK CO. NORDIC SKI ASSOCIATION		
Front Office	587-6221		Ann Anderson		587-3773
CODY GIRLS SOFTBALL			PARK COUNTY PEDALERS		
Stacy Kondelis	250-7792		John Gallagher		272-2953
CODY KOUNTRY AQUATIC TEAM			PARK COUNTY YOUTH CYCLING		
Amber Boysen	272-3197		Pam Noesner		272-3909
CODY USA WRESTLING CLUB			PARK COUNTY YOUTH HOCKEY		
Sheri Morris	527-6463		Chad Forsman		250-6046
CODY VOLLEYBALL CLUB			RILEY ICE ARENA		
Lisa Young	899-3988		Office		587-1681
CODY WILD WEST RIVER FEST			SLEEPING GIANT SKI AREA		
Andy Quick	587-4659		Office		587-3125
CODY YOUTH BASEBALL			WILD WEST PADDLE CLUB		
Tim Blatt	250-3578		Andy Quick		587-4659
CODY YOUTH BOWLING			YELLOWSTONE DIVERS		
Pennie Morgan	587-5310		Paul Brock		899-7719
			YELLOWSTONE FIRE SOCCER		
			Yvonne Dewey		272-5851





## CITY OF CODY GOVERNING BODY

City Administrator: Barry Cook

Mayor: Nancy Tia Brown

City Council Members:

Donny Anderson, Karen Ballinger, Jerry Fritz, Landon Greer, Steve Miller & Stan Wolz



## PARKS, RECREATION & PUBLIC FACILITIES STAFF

Director: Rick Manchester;

[rickm@cityofcody.com](mailto:rickm@cityofcody.com)

Administrative Secretary: Jolene Selk;

[jo@cityofcody.com](mailto:jo@cityofcody.com)

Aquatic Supervisor: Jenni Phillips;

[jennip@cityofcody.com](mailto:jennip@cityofcody.com)

Aquatic Coordinator: Suzanne Palmer;

[suzannep@cityofcody.com](mailto:suzannep@cityofcody.com)

Head Lifeguards: Seth Agee & Heidi Frost

Parks Supervisor: Eric Asay;

[easay@cityofcody.com](mailto:easay@cityofcody.com)

Parks Maintenance Workers: Monte

Bales, Mike Daems, Tim Latham &

Gary Wheeler

Public Facilities Supervisor: Mike Fink;

[mfink@cityofcody.com](mailto:mfink@cityofcody.com)

Facilities Maintenance Workers: Mike

Creech, Mark Curless, Janice Grush,

Mike Kinder & Dale VanDusen

Recreation Supervisor: Doyle Stout;

[doyles@cityofcody.com](mailto:doyles@cityofcody.com)

Athletic Coordinator: Ryan Brown;

[rbrown@cityofcody.com](mailto:rbrown@cityofcody.com)

Fitness Coordinator: Kelly Serfas Bower;

[kellyb@cityofcody.com](mailto:kellyb@cityofcody.com)

Youth Coordinator: Amy Quick;

[amyq@cityofcody.com](mailto:amyq@cityofcody.com)

Tiny Tots Instructor: Debbie Cottonware;

[dcottonware@cityofcody.com](mailto:dcottonware@cityofcody.com)

Recreation Assistant: Kymberli Casner

Child Care Attendant: Michelle Kendrick

Accounting Clerk: Cindy Vaughn;

[cindyv@cityofcody.com](mailto:cindyv@cityofcody.com)

Customer Service Specialist: Jessica

Reesy; [jreesy@cityofcody.com](mailto:jreesy@cityofcody.com)

Office Assistants: Hannah Banks, Kevin

Johnson, Karla Scovel & Greg Warner

## SHOSHONE RECREATION DISTRICT

Board of Directors:

Melissa Allen, Scott Aune,

Jake Fulkerson, Sarah

Mikesell Growney, Matt

Hall, Dan Haman, Tony Hult, Jacob

Ivanoff, Dossie Overfield, Alan

Rosenbaum & Stan Wolz



## CONCERTS IN THE PARK

The City of Cody proudly offers FREE live music Thursday evenings from 6:30 to 8:30 P (NEW TIME!) in the City Park Bandshell. Grab your lawn chairs & gather your friends & family for a great evening of outdoor entertainment with the backdrop of the Absaroka mountains in the heart of downtown Cody. Call 307-527-3490 for details or to help sponsor this popular community event. Concerts are scheduled rain or shine so plan accordingly & watch our Facebook page ([www.facebook.com/codyreccenter](http://www.facebook.com/codyreccenter)) for updates. See back cover for this summer's concert schedule!

# RECREATION CENTER FACILITY HOURS

Rec  
Center  
Hours

*Facility hours effective Memorial Day through Labor Day*

## MONDAY to THURSDAY

**5:30 AM to 9 PM**

(POOL HOURS 5:30 AM TO 8 PM; FEATURES ON AT 1 PM)

## FRIDAY

**5:30 AM to 8 PM**

(POOL HOURS 5:30 AM TO 7:45 PM; FEATURES ON AT 1 PM)

## SATURDAY

**8 AM to 6 PM**

(POOL HOURS 10 AM TO NOON NO FEATURES;  
NOON TO 5:45 PM WITH FEATURES)

## SUNDAY

**Noon to 6 PM**

(POOL HOURS NOON TO 5:45 PM WITH FEATURES)

## **HOLIDAY SCHEDULE & CLOSURES**

- **MEMORIAL DAY - MAY 30**  
*FACILITY CLOSED!*
- **REC CENTER'S 15TH ANNIVERSARY - JUNE 24**  
*FREE DAY & FUN ACTIVITIES!*
- **INDEPENDENCE DAY - JULY 4**  
*FACILITY CLOSED!*
  - **FAMILY DAY - JULY 2**  
*\$5 ADMISSION FOR THE WHOLE FAMILY!*

- **ANNUAL FACILITY MAINTENANCE CLOSURE - AUGUST 1 TO 5**  
*FACILITY CLOSED! (POOLS CLOSE JULY 30!)*
  - **FREE DAY - AUGUST 13**
  - **LABOR DAY - SEPTEMBER 5**  
*FACILITY CLOSED!*
  - **FAMILY DAY - SEPTEMBER 17**  
*\$5 ADMISSION FOR THE WHOLE FAMILY!*



Find us on:  
**facebook.**



*"Aaah, summer - that long anticipated stretch of lazy, lingering days, free of responsibility & rife with possibility. It's a time to hunt for insects, master handstands, practice swimming strokes, conquer trees, explore nooks & crannies & make new friends." ~ Darell Hammond*



# CONCERTS IN THE PARK



## FREE CONCERTS EVERY THURSDAY 6:30 TO 8:30 PM (NEW TIME!) CITY PARK BANDSHELL • DOWNTOWN CODY, WY

JULY 7 • ONE LEAF CLOVER  
*MOUNTAIN BOOGIE ROCK*

JULY 14 • HIGH COUNTRY COWBOYS  
*COUNTRY WESTERN/COWBOY*

JULY 21 • KID AND NIC SHOW  
*CLASSIC ROCK TO TOP 40*

JULY 28 • J SHOGREN SHANGHAI'D  
*BLUES/ROOTS*

AUG 4 • JOHN ROBERTS Y PAN BLANCO  
*LATIN RHYTHMS*

AUG 11 • SPECIAL CONSENSUS  
*BLUEGRASS*

AUG 18 • THE HAWTHORNE ROOTS  
*AMERICANA*

AUG 25 • SHUFFLEBUGGY  
*VARIETY*

***ANNUAL ICE CREAM SOCIAL!***

